

The Braintree Alliance for Safe and Healthy Youth sponsors...

Helping Your Student Develop Healthy Coping Skills For Life

Parents/Guardians of K-12 Students

Wednesday, March 9, 2016 @ 7:00pm
South Middle School Auditorium
232 Peach Street, Braintree MA

Presented by
Lujuana Milton MSW, LICSW

Lujuana graduated with a Bachelor of Arts (BA) and a Masters of Social Work (MSW) degree from Boston College. She has over 10 years of clinical experience in the field and has worked in a number of settings addressing issues of anxiety, depression, substance abuse, opposition/defiance, and trauma.

Ms. Milton will cover topics including:

- Healthy coping skills for managing academic and social stressors
- Signs and symptoms, e.g. depression, anxiety, self-harm, cutting, risk taking
- What's happening in the adolescent brain
- What parents can do to help foster healthy psychological development
- Healthy parent/child relationships
- What to do when symptoms get more severe

REAL TIPS FOR POSITIVE COPING AND SUCCESSFUL PARENTING

Questions, please contact:

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